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## Suspect sought after 6-year-old girl picked up

**INVESTIGATION** Ottawa police are on the lookout for a man who suspiciously picked up a little girl in the 300 block of Murray Street on April 24.

The six-year-old girl was late coming home from playing with friends at around 8:30 p.m. when a family friend went out to search for her.

The friend found the little girl being clutched closely to the chest of a male suspect, who put the girl down and fled southbound.

The suspect is described as a white male in his late 30s, around five feet, 10 to 11 inches. He had a shaved head, a muscular, stocky build and was wearing a dark green sweater and light grey/blue jeans.

Call 613-236-1222, ext. 5944 with information.

ANDREW SZTEIN/FOR METRO OTTAWA

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## Celebrity Buzz pg 21



**On the web**  
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# Sens' off-season full of questions

Hockey team could face big changes as many players enter free agency

**A tough season now behind them, the Ottawa Senators may be facing an even more challenging off-season.**

After a first round elimination, the Senators were left to clean out their lockers yesterday.

Ottawa hasn't advanced past the first round since reaching the Stanley Cup final in 2006 — and with plenty of players becoming free agents this summer, big changes could be on the way.

The biggest decision involves defenceman Anton Volchenkov, who is set to become an unrestricted free agent July 1. Volchenkov will be looking for a substantial raise on the \$3.2 million US he made this season.

Senators GM Bryan Murray said, "I don't know whether I'm going to be able to get him signed ... We have three or four restricted free agents. Even if we get them done at the numbers I'm hoping we get them done at ... budget-

## Alfredsson to have hernia surgery

• Daniel Alfredsson admitted that he had been playing with a sports hernia and will undergo surgery shortly. Alfredsson said he began feeling the effects prior to the Olympic

Games and the injury intensified with the season. Recovery time is expected to be four-to-six weeks and Alfredsson anticipates being ready to go for training camp.

wise we'll be in a position that will be difficult."

Volchenkov, however, said "There is always a chance I will be back. I played seven years here. My first choice for sure is to be in Ottawa."

Centre Matt Cullen was

brought in prior to the trade deadline from the Carolina Hurricanes, and said he enjoyed the chance to play in a Canadian city. He becomes an unrestricted free agent July 1 and hasn't ruled out a return to Ottawa.

The Senators have nine

restricted free agents, including Peter Regin, Nick Foligno, Jesse Winchester and Chris Campoli.

Murray will need to make a decision regarding Jonathan Cheechoo, who is due to make \$3.5 million next season.

The Senators are also facing questions in goal, where Pascal Leclaire was a bust in his first season in Ottawa. But Murray has faith in him.

"He's got another year with us that he has a chance to prove that he can be the top dog, and we'll give him that."

THE CANADIAN PRESS

## Rally morphs into 'sick gong show': Supporter

**LAURA FORTEY**  
 for Metro Canada

**VANCOUVER** The only tremors that could be felt at yesterday's Boobquake in Vancouver were caused by the stampeding of hundreds of men as two women flung their tops off.

One supporter, Marley Wilson, came wearing a low-cut top. She said that once at the Vancouver Art Gallery lawn she changed her mind about participating, calling the rally a "sick gong show."

"This is the issue with being a woman and wanting to express your sexuality ... people just want to gawk at you, they're not really here to support you," said Wilson.

Boobquake was launched last week by an Indiana student in response to an Iranian cleric who claimed women who

dress suggestively cause earthquakes. The idea was to show some cleavage or a little ankle for women's rights.

"I don't think these people are here to support women being empowered ... they're just wanting to see some boobs," said Wilson, her coat done up all the way to the top.

Boobquake Vancouver organizer Angela Squires was hoping to draw attention to silly claims and get the public to think critically.

Tahmineh Sadeghi, a woman originally from Iran, said women's bodies are always a taboo in the Islamic country.

She said Vancouver's reaction to Boobquake shows that women's bodies are also taboo here.

**ShareYourViews**

[ottawalatters@metronews.ca](mailto:ottawalatters@metronews.ca)



Boobquake participants Tahmineh Sadeghi, left, and Marilyn Hogan discuss the merits of revealing cleavage outside the Vancouver Art Gallery yesterday. The event, meant to poke fun at an Iranian cleric who claimed earthquakes were caused by immodestly dressed women, was attended mostly by men taking pictures with their camera phones.

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# Local



## Cabbie loses licence

A taxi driver accused of submitting \$24,000 worth of irregular chits during last year's transit strike has had his taxicab driver's licence permanently revoked. Mukhtar A. Eid was also ordered to pay restitution to the City of Ottawa in the amount of \$12,000. There are around 2,000 licensed cab drivers in Ottawa. Seventeen have been identified for submitting irregular chits.

METRO OTTAWA

# City needs direction: Watson

Economic leadership an important issue for one mayoral candidate

TIM WIECLAWSKI  
tim.wieclawski@metronews.ca

**After years without a clear economic strategy, mayoral candidate Jim Watson insists it's time the city had some direction for creating job growth in Ottawa.**

Speaking at a Rotary Club of Ottawa luncheon yesterday, Watson said the city is now trailing other municipalities in terms of job growth because council is not "setting clear goals

and making them happen."

Among the promises Watson made, if he is elected mayor Oct. 25, is to reinvigorate The Ottawa Partnership to once again guide city's high-level economic development. The Ottawa Partnership was created after amalgamation to act as the city economic steward, but it has become idle in recent years, said Watson.

"It was a mistake to let that go be the wayside," said Watson.

Watson also said he

wanted to rebrand and refocus the Ottawa Centre for Research and Innovation in order to make it even more publicly visible. OCRI is the largest economic development organization in the area. Watson would change its name to Invest Ottawa.

The city's large, highly educated, bilingual workforce needs to be promoted in order to sell Ottawa as the ideal location for corporate head offices, said Watson.

To encourage small business owners to re-invest in

their company, Watson said he would institute a guaranteed turnaround time for planning and building permits. If the city cannot meet that deadline, it would waive or significantly reduce the permit fees.

"I am determined to ensure that Ottawa is the easiest city in the country to be an entrepreneur," he said. "The red tape city hall has amassed over the years needs serious redress and it is going to happen under my leadership."

As mayor, he said he would also push to have solar panels retrofitted on city buildings with the goal of producing up to 50 megawatts of solar power.



## Council offers parking perks to volunteers

STEVE COLLINS  
for Metro Ottawa

**PERMITS** A new parking pass is expected to protect volunteer drivers from getting hit with parking tickets as they do their good works.

Councillors Christine Leadman, Maria McRae and Diane Holmes yesterday announced special parking permits that will allow volunteers to park briefly in no parking or loading zones while making pickups and deliveries.

For the next year, any registered charity can get a Volunteer Driver Identity Card, which allows on-street parking for up to 15 minutes, similar to permits currently issued to businesses. The program could become permanent after that.

"During the next 12 months, city staff will assess it, see how it's going," McRae said. "Hopefully, there won't be abuses and, hopefully, our volunteers that provide a service we could not run this city without are not going to be penalized in any way for doing the right thing, whether it's picking up a senior or delivering a meal or anything else that these agencies do."

The city introduced an informal version of the program during last year's transit strike, McRae said. Volunteers have long complained of getting stung by the green horns, and it got worse during the strike, with more cars competing for parking spaces.

## News in brief

**EDUCATION** Industry Minister Tony Clement delivered Computers for School's one millionth refurbished computer to the York Street Public School yesterday in Lowertown. The program has saved landfill space, since a large number businesses were getting rid of their old computer systems in the early '90s, said a program official.

METRO OTTAWA

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WHAT'S ONLINE TODAY

**Video** Delay in hearing to lift entry ban from controversial British MP does little to dull debate at metronews.ca/canada

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# Art blossoms in downtown underpass

STEVE COLLINS  
for Metro Ottawa

**INSTALLATION** Spring flowers are blooming on the concrete of the Rideau pedestrian underpass as the Downtown Rideau Business Improvement Area opened its second full year of outdoor art installations yesterday.

Several works by painter Brenda Gale Warner from her series entitled Flowers From My Secret Garden will be on display.

"It just makes me happy to share some of my deepest personal thoughts with everybody that walks by the underpass. I understand a lot of people go through here in the course of a day," Gale Warner said.

The works on display include Forget Me Not, which is dedicated to the



Painter Brenda Gale Warner's artwork is on display at the Rideau underpass.

memory of her father and features the bouquet of flowers with which he was buried. BIA executive director Peggy DuCharme said the painting's story sold her on Gale Warner's work.

"I read that and I started to cry and I said, 'OK girls, this one's got to go for sure for spring,'" she said.

The BIA's plan, said DuCharme, is to present a minimum of four to five installations in the underpass each year.

At the end of the season in mid- to late-October, the BIA will auction off the works that have been displayed at the underpass, with proceeds going to continue the program

and to support the Ottawa Arts Court Foundation.

Gale Warner's garden, despite the series' title, is not so secret. It can be found outside the contemporary art gallery she owns, Galerie 240. She will be painting there all summer and invites everyone to drop by.

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Melting ice pockets high in Canada's Arctic mountains are revealing details of how hunters stalked caribou in the region thousands of years ago. Human hunters have followed them there over generations and have left pieces of hunting gear behind. **THE CANADIAN PRESS**

# Canada



## Local food under Iggy's rule?

Liberal Leader Michael Ignatieff says he would put more Canadian food on Canadian tables if he became prime minister. The Opposition leader says he'd introduce a national food policy that would improve food safety, help struggling farmers and promote healthy eating. **THE CANADIAN PRESS**

## Jaffer scandal hurts Tory polling numbers

**POLITICS** The Harper Conservatives have sunk to their lowest level of support in a year, dipping below 30 per cent amid the furor over the Guergis-Jaffer scandal.

A new poll by The Canadian Press Harris-Decima puts the Tories at 29 per cent, down three points from early April, and into a statistical tie with the Liberals who are down two points at 27. The survey suggests Canadians are looking more favourably at the NDP as they become increasingly disenchanted with the two main political parties. The New Democrats rose three points to 20 per cent, a level of support the party has-

n't enjoyed since shortly after the last election in October 2008.

The NDP, which typically runs a distant third, now appears to be "benefiting from not being the other guys," Harris-Decima chairman Allan Gregg said.

He said it's unprecedented to have both the Conservatives and Liberals languishing simultaneously below 30 per cent.

**THE CANADIAN PRESS**



Experts have their own ideas on how the G8 should handle rogue nuclear states.

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## No G8 abortion support: Oda

Minister says Canada will not fund procedure under maternal health plan

**Canada won't support funding for abortions in the developing world as part of a family planning initiative, International Co-operation Minister Bev Oda confirmed yesterday on the eve of a meeting with her G8 counterparts in Halifax.**

Oda said Canada's contribution to the meeting could involve family planning and the use of contraceptive methods, but funding for abortions was a non-starter.

"The details remain to be determined," she told reporters yesterday. "However, Canada's contribution will not include funding of abortions."

Her declaration means a debate over abortion could threaten a bid to find a con-



International Co-operation Minister Bev Oda heads from a media availability at Pier 21 in Halifax yesterday. The Harper government says it won't fund abortion as part of its G8 child- and maternal-health plan for poor countries.

sensus at the two-day meeting, which is expected to focus on improving the health of mothers and small children in poor

countries.

Caroline Riseboro of World Vision Canada said the abortion issue amounts to a distraction from what

should be the central issue for the G8: preventing 8.8 million child deaths a year from preventable conditions. **THE CANADIAN PRESS**

## News in brief

**VIDEO** An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos. Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won \$100,000 for a video of Keegan imitating

a dancing doll.

**COURT** A Federal Court hearing in Toronto examining the case of a British MP denied entry to Canada has been put on hold until tomorrow. George Gallows's lawyer suffered a foot injury this morning before the hearing was scheduled to be-

gin and was taken to hospital.

**DEBT** A survey by the Royal Bank suggests four-in-10 Canadians over the age of 50, who have assets of at least \$100,000, have retired with some form of debt. And, one-quarter entered retirement with a mortgage. The survey

also notes that 70 per cent of retirees feel it is still important to be able to save part of their income, yet more than one-quarter have acquired new credit products since they retired. Inflation and taxes are a major concern. **THE CANADIAN PRESS**



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York Regional police are warning consumers to be cautious about purchasing online tickets to a popular theme park north of Toronto after fraudulent ones appeared last season. Police say Canada's Wonderland security wants to protect consumers as the season starts, following several scams last year. **THE CANADIAN PRESS**

# No timetable for new sex ed plan

**Talk about curriculum interrupted.**

The province is going back to the drawing board to redesign its controversial sex education curriculum, but Education Minister Leona Dombrowsky admits the Liberal government has no idea when the

teaching plan will be ready.

Dombrowsky said yesterday it "would be a very ambitious timeframe" to get any new guidelines for Grade 1 to Grade 8 students in place by September.

"I don't have any ideas in terms of timeline. What's

**"What's important is we take the time to do it right."**

Education Minister Leona Dombrowsky

important is we take the time to do it right."

That was when Ontario's modernized health and

physical education curriculum was to have been launched — until Premier Dalton McGuinty scrapped

it last Thursday 54 hours after socially conservative religious leaders and parents first expressed outrage that Grade 3 students would have learned about homosexuality, and sixth-graders would be taught about masturbation.

**TORSTAR NEWS SERVICES**

## Another doc dump by Tories

**DETAINÉES** The Harper government has released another 800 pages of documents related to Afghan detainees.

The latest document dump came a day before a Canadian general and a top Foreign Affairs official are to appear at a military police inquiry in Ottawa.

Brig.-Gen. Richard Blanchette and Jillian Stirk, assistant deputy minister of Foreign Affairs, have been summoned to the Military Police Complaints Commission to explain why it's taking the government so long to release detainee documents.

There didn't appear to be any new revelations in the stack of documents the Conservative government released yesterday afternoon. It's the third time the government has dumped mounds of detainee paperwork after previously releasing 2,500 censored pages last month and 6,200 pages earlier this month. Meanwhile, the Military Police Complaints Commission is caught in a bureaucratic paper jam that threatens to stall the inquiry.

**THE CANADIAN PRESS**

## RN layoffs mean poorer care: NDP

**HEALTH** Ontario patients will get poorer health care in the wake of 2,000 registered nurses being laid off in the past year as hospitals struggle to balance budgets, Ontario NDP Leader Andrea Horwath said yesterday.

"Nurses are being thanked with pink slips in this province," she said.

But Health Minister Deb Matthews said many nurses will immediately find work elsewhere in the system.

**THE CANADIAN PRESS**

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#### News in brief

**COURT** A regulatory hearing into the actions of two lawyers who represented Conrad Black was delayed for a week yesterday. The Law Society of Upper Canada, which regulates lawyers in Ontario, delayed the hearing after Torys, the firm where the lawyers work, was slow to turn over relevant documents. The two lawyers — Beth DeMerchant and Darren Sukonick — are accused of conflicts of interest in various deals involving Hollinger companies formerly controlled by Black.

**THE CANADIAN PRESS**



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Brazil's health minister has a remedy for the nation's high blood pressure problem: More sex. Minister Jose Temporao says adults should be exercising more to help keep their blood pressure down — and he says a good cardiovascular workout includes sex, "always with protection, obviously." **THE ASSOCIATED PRESS**

# World



## Hef saves the Hollywood sign

Developers won't be building anything behind the landmark Hollywood sign. California Gov. Arnold Schwarzenegger said yesterday a final \$900,000 donation by Playboy founder Hugh Hefner completed the \$12.5 million fundraising drive to protect the 138 acres behind the famous sign. **THE ASSOCIATED PRESS**

## Activists rally against test plant for animals

Indian bio-tech company set to open lab in Malaysia

An Indian bio-tech company's plans to set up laboratories for testing dogs and primates in Malaysia have angered animal rights groups who say the trial subjects could face suffering because the country has no regulations on animal research.

India's Vivo BioTech Ltd. inked a \$141 million US joint-venture deal in January to set up a biotechnology centre in southern Malacca state to develop and manufacture medicine. The centre will include laboratories where trial medicines will be tested on animals.

Vivo officials declined to comment on the issue

**"Malaysia should not open the economy to businesses like this as it promotes cruelty."**

Jacinta Johnson, SPCA official

when contacted yesterday. Malacca state officials could not be immediately reached for comment.

In a joint statement issued over the weekend, Malaysia's Society for the Prevention of Cruelty to Animals, the British Union for the Abolition of Vivisection and the European Coalition to End Animal Experiments cried foul over the project because Malaysia has no laws protecting the welfare

of animals used in experiments.

The groups submitted a protest letter to the government last week, urging it to halt the project, and also requested a meeting with the local authorities to discuss the issue, SPCA official Jacinta Johnson said yesterday.

"Malaysia should not open the economy to businesses like this as it promotes cruelty," she said.

**THE ASSOCIATED PRESS**

## Chernobyl anniversary Un-Masking their anger



A young Belarusian protester takes part in a rally to commemorate the Chernobyl nuclear disaster in Minsk, Belarus yesterday. In Minsk's heavily policed central square, about 2,000 demonstrators held aloft opposition flags bearing slogans such as "Dictatorship is like another Chernobyl," and "You cannot stop radiation with decrees."

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## Ragweed allergy season is coming

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## Britons burned by 'toxic sofas' to receive compensation

**U.K.** A British court says hundreds of people who received chemical burns from leather sofas will share 20 million pounds, or about \$30 million, in compensation.

The customers took legal action after claiming of skin and eye complaints or breathing difficulties from the Chinese-made furniture, dubbed "toxic sofas."

The problems were blamed on dimethyl fumarate, a fungicide designed to stop the furniture from becoming mouldy.

Lawyers told a judge at London's High Court yesterday that an agreement had been reached. The EU banned the chemical last year.

**THE ASSOCIATED PRESS**

## Kaczynski's twin to run for president

**POLAND** Polish opposition party leader Jaroslaw Kaczynski says he will run in early presidential elections called after his twin brother was killed in a plane crash.

The elections were called for June 20, after President

Lech Kaczynski, Jaroslaw Kaczynski's wife

Maria and 94 others were killed April 10 in Smolensk, in western Russia.

"The good of Poland is a common duty that requires an ability to overcome personal suffering, to undertake the task despite a personal tragedy," Jaroslaw Kaczynski said.

**THE ASSOCIATED PRESS**

## News in brief

**IRAN** Facing the threat of new UN sanctions, Iran's President Mahmoud Ahmadinejad said yesterday in Tehran that the veto power held by the U.S. and other permanent Security Council members is a "satanic tool."

**THE ASSOCIATED PRESS**



Will an alleged Muslim polygamist be a boon for France's proposed burqa ban — or will it backfire?

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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## Worth mentioning

# Pirates preparing to storm the Hill

**Yar! There be a new party on the high seas of Canadian politics.**

The Pirate Party of Canada can now run buccaneers in the next federal election, where it says it will run on a platform of measures to fight copyright laws.

Canada's chief electoral officer, Marc Mayrand, granted the Pirates eligible party status April 12.

They will officially join the 19 other registered parties as long as they field at least one candidate in the next election.

The party broke the news to its "maidens and gen-

tlepirates" earlier this month.

"After 10 months of dedication and hard work, we have reached eligible status, which only leaves a 60-day 'purgatory' period," says a statement on the Pirates' website.

"After that, we will field candidates in subsequent federal elections, and begin the real work of a political party."

The Canadian Pirate Party's founders want to make it legal to copy songs, books, movies and artwork for private, non-commercial use.

The party also wants to ban patents on software, life forms and plants, and stretch Canada's privacy laws to cover all digital data.

Parties that want to run in federal elections must be registered with Elections Canada.

Being registered means the Pirates can issue tax receipts for political

contributions, and they must report their finances to the elections watchdog.

"What this party has done is they've cleared all the paperwork," said Elections Canada spokesman John Enright.

"So they've gone through all of the administrative hurdles, barring the nomination of a candidate

at election. And that will make them a registered political party."

The Pirate Party was founded last June. It's modelled after Sweden's Pirate Party, the country's third-largest party, which won a seat in last year's European Parliament elections.

"We need a world ... where artists and inventors are free to create without the chains of mismanagement and executive privilege," says a statement on the Canadian party's website.

"We need to foster technological development in

all fields of everyday life, in an open manner. We need to bring focus to the privacy of the individual while shedding light on the work that government does so that we can avoid hidden laws and treaties that attack Canadians."

Pirate Party Leader Jake Daynes wasn't immediately available to comment.

The Pirates will join other, lesser-known registered parties such as the Marijuana Party, the Rhinoceros Party, the Work Less Party and the Animal Alliance Environment Voters Party of Canada.

THE CANADIAN PRESS

## Noteworthy

# Web shifting doc, patient power balance

Rebecca Cooney may have a debilitating, degenerative disease, but that doesn't mean she's ready to automatically defer to the authority of the medical community.

"I've never been a person who thinks somebody else can make decisions for me. Even my doctors — they're the experts, I take what they say, but I have my own mind and my own information," says Cooney, 42, who has been living with multiple sclerosis for the past 18 years.

"I'm not one that believes the Pope is the only one who can speak to God. I can speak to God myself."

There have always been patients with Cooney's independent bent. But these

**"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors ..."**

Rebecca Cooney, MS patient

days there seems to be hordes of them, due in large measure to the extraordinary reach of the Internet.

A technology that makes a pioneering or profiteering clinic somewhere overseas a mere Google search away, the Internet is changing the nature of patient advocacy. It's amping up the activism.

And those more activist patients, who share information and strategies through email, discussion boards and Facebook, are

in some cases altering the research agenda in fields such as cancer, alternative medicine and now multiple sclerosis.

Some want access to experimental drugs or therapies before science has proven they are safe or useful. In other cases, they are agitating for a say in which theories, techniques or treatments get research funding.

Patients like Cooney are thrilled about what she describes as the huge power shift she has seen in the

years since she was first diagnosed.

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors,

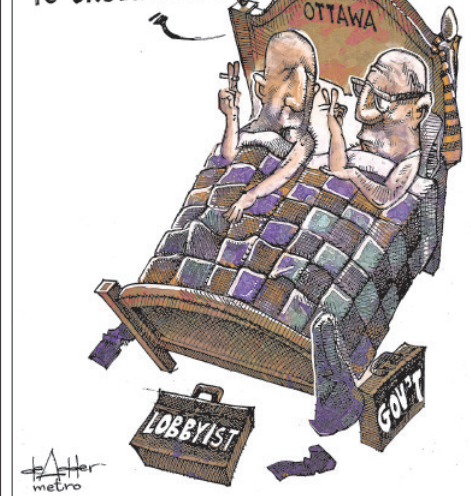
which we've never been able to do," she says. "It used to be almost what your neurologist said or what your doctor said was God. You couldn't really debate it. You couldn't say anything. Because you didn't know."

"Now, I'm empowered. I can find out information."

Other players are not so enthusiastic, saying the change is fostering tension within disease advocacy organizations and between doctors and their patients.

THE CANADIAN PRESS

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**Aeroplan buys into Mexico market**

Groupe Aeroplan is spending up to \$34 million US to buy a minority stake in AeroMexico's frequent flyer program, Club Premier. **THE CANADIAN PRESS**

**11**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

**Tokyo Taxis going electric**

Japanese government officials and company executives gather for the opening ceremony of a battery switch station for electric vehicle taxis in Tokyo, Japan, yesterday. Three electric cabs began a 90-day trial yesterday that officials and the company involved say could eventually lead to the electrification of the city's entire taxi fleet.

## Higher rates don't scare homebuyers

Canadians comfortable with debt: CMHC

**The Bank of Canada may be concerned about the level of debt homeowners are assuming, but consumers who have recently taken out or renewed their mortgage are not.**

A new online survey of Canadians active in the mortgage market, including first-time buyers, shows the vast majority are not only comfortable with their level of debt, but two-thirds think they will pay their loans off sooner than required.

The annual survey by Canada Mortgage and Housing Corporation also suggests that Canadians are savvy consumers when it comes to buying a home.

On average, consumers surveyed say they took a year to think through

**81** The Canada Mortgage and Housing Corporation survey found that 81 per cent are "comfortable" with their level of debt. But even the 19 per cent who did not answer in the affirmative didn't raise a red flag — 13 per cent were neutral, five per cent were somewhat not comfortable, and only one per cent said they were very uncomfortable.

their decision and 89 per cent said they used the Internet to research mortgage options.

According to the CMHC, nine in 10 new buyers believe ownership is a good long-term investment and

that now is a good time to purchase a home.

The housing market has been one of the mainstays of the economic recovery, with prices and sales already back, and in some markets, beyond pre-recession levels.

Among first-time buyers, 85 per cent said they had a good understanding of how much of a mortgage they could afford.

THE CANADIAN PRESS



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## RIM faces challenging times

**TECH** The heat is on BlackBerry-maker Research In Motion as the company heads into its annual industry showing of new products and services in what could be the most competitive year yet for smartphones.

The Waterloo, Ont.-based company opens the three-day annual showcase today in Orlando, Fla.,

where it is expected to update some devices, add new products and partnerships and, perhaps, offer a few surprises.

There are rumours that RIM will announce an updated web browser designed to compete with Apple's popular iPhone, and perhaps even plans for a new operating system.

"In the evolution of the

company, this is going to be a very important year, for sure," said Neeraj Monga, an analyst for Veritas Investment Research Corp.

Whether this year is literally such a sink-or-swim scenario for RIM is debatable, but it's hard to deny the company is facing some of its fiercest competition yet.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# 7 hidden homebuying expenses

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Spring may be the traditional season of love but it is also the season of nesting. Last week I started a list of extra homebuying expenses.

Here are seven more to help you budget.

**1 Replacements:** Curtains and rugs come in standard sizes but, amazingly, when you move they never seem to fit the new nest. And if the drapes remain from the

previous owner they will never match your furniture.

**2 Condo costs:** These can include a parking spot if one doesn't come with the unit and the monthly condo fee paid in advance.

**3 Commuting:** If you are moving out of town to get more house for your money don't forget to factor in the additional costs of commuting. While not directly related to your house purchase, commuting has a big impact on your bottom line.

**4 Moving:** You will be stunned at the cost, especially if you are moving more than a cou-

ple of blocks. Before you buy get estimates for your preferred locations. Do-it-yourself moving is cheaper but costs include the moving van, gas, broken items and worn out

friendships.

**5 Repairs:** You know how it goes. The real estate agent sails through the house noting that a little paint here, a bit of carpentry there and you have an Elle Decor

worthy abode. Take a camera with you to record what repairs must be made and also those you would like to make. Pass these on to the home inspector, most of whom will provide estimates for repair or replacement of common items.

**6 Insurance:** Necessary but often forgotten while calculating monthly payments. Get

at least two estimates and make sure you

inquire about the need for separate riders for items such as jewelry, high-end bicycles, art and antiques. Cost is highly variable depending on replacement value of house, value of contents and coverage.

**7 Tax:** Last, but not least, new construction will be subjected to GST/HST. In Ontario and B.C., the HST debuts July 1 but there are rebates to alleviate or eliminate the pain. Go to

hstincanada.com  
Canada Mortgage and Housing Corporation has an excellent section on its website called Homebuying Step by Step. (cmhc-schl.gc.ca/en/co/buho/hostst/index.cfm).

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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**Masterton finalists named**

Tampa Bay Lightning defenceman Kurtis Foster, San Jose Sharks forward Jed Ortmeyer and Washington Capitals goalie Jose Theodore are the finalists for the Bill Masterton Memorial Trophy. The award is given to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey. **THE CANADIAN PRESS**

# Sports



## Howard signs hefty deal

Ryan Howard agreed to a \$125-million US, five-year contract extension through 2016 with the Philadelphia Phillies yesterday that includes a club option for 2017. The 30-year-old slugging first baseman will have a \$25 million guaranteed average salary, which will be baseball's second-highest behind Alex Rodriguez's \$27.5-million average. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

## Another early playoff exit for Sabres as Bruins win

(Boston wins series 4-2)

Sabres 3 Bruins 4



David Krejci had two goals and one assist to lead Boston to a 4-3 victory over the Buffalo Sabres in Game 6 of their first-round playoff series last night and put the Bruins in the Eastern Conference semifinals.

Tuukka Rask stopped 27 shots for Boston, which will play either Philadelphia or Pittsburgh in the second round.

It's Boston's second playoff series victory — and first at home — since 1999.

Buffalo, which missed the playoffs in each of the past two seasons, has not

advanced since reaching the conference semifinals in 2006 and '07.

Mark Recchi had a goal and an assist, and Miroslav Satan also scored for the Bruins.

Olympic MVP Ryan Miller made 28 saves for Buffalo. Patrick Kaleta and Nathan Gerbe scored for the Sabres, and Thomas Vanek made it 4-3 with 1:13 left after the goalie was pulled for an extra skater. **THE ASSOCIATED PRESS**



Montreal Canadiens goaltender Jaroslav Halak makes a save off Washington Capital Brooks Laich last night in Montreal. The Canadiens won 4-1 to force Game 7 in their first-round series.

## Habs force Game 7

(Series tied 3-3)

Capitals 1 Canadiens 4



**Mike Cammalleri scored two early goals and Jaroslav Halak made 53 saves as the Montreal Canadiens staved off elimination from the NHL playoffs for a second game in a row with a 4-1 victory over the Washington Capitals last night.**

The best-of-seven first-round series is tied 3-3 with the decisive Game 7 set for tomorrow in Washington. Maxim Lapierre also

scored and Tomas Plekanec had an empty-net goal for the Canadiens, who killed off six Washington man-advantages and have held the league's best regular-season power play to 1-for-30 in the series.

Eric Fehr finally broke Halak's bid for a first career playoff shutout on Washington's 52nd shot with 4:50 left in the game.

Halak, who has shone in all three Montreal victories, set a season high for saves as the high-powered Capitals' attack dominated territorial advantage but was foiled time and again by the 24-year-old from Slovakia.

His 50th save was a dramatic stop with his glove on

rookie John Carlsson during a Washington power play.

The Canadiens were called three times for diving — Brian Gionta once and Lapierre twice.

It was a first taste of NHL playoff action for defence prospect P.K. Subban, who was called up yesterday from the American Hockey League's Hamilton Bulldogs and picked up his career first playoff point on Cammalleri's second goal.

Halak set the tone early, making back-to-back saves off Alexander Semin from the slot and Brooks Laich on the rebound. He stopped 18 Washington shots in the first period alone.

**THE CANADIAN PRESS**

### Sports in brief

**NHL** New Jersey Devils coach Jacques Lemaire has retired following his team's first-round playoff elimination for the third straight year. Lemaire made the surprising announcement yesterday, four days after the Devils were ousted by the Philadelphia Flyers in five games.

**NFL** The New England Patriots yesterday released former Pro Bowl linebacker Adalius Thomas, who joined the team as a high-profile free agent in 2007, but fell into disfavor with coach Bill Belichick last season.

**NFL** The Jacksonville Jaguars have released two-time Pro Bowl defensive tackle John Henderson, opening up a starting spot for first-round draft pick Tyson Alualu.

**SOCCER** England midfielder David Beckham says he won't recover from his Achilles injury to play again until November, ruling him out of the entire MLS season for the Los Angeles Galaxy.

**NFL** Steelers quarterback Ben Roethlisberger says he won't appeal his six-game suspension for violating the NFL's personal conduct policy. Emphasizing he committed no crime, Roethlisberger apologized yesterday to his teammates and fans for his behaviour last month in a Georgia bar, where a 20-year-old college student accused him of sexual assault.

**FOOTBALL** University of Pennsylvania officials say one of the football team's captains has been found dead in his off-campus residence. University spokeswoman Lori Doyle says Wharton junior Owen Thomas was found dead at 2 p.m. yesterday. **METRO NEWS SERVICES**

### SCOREBOARD

#### NHL PLAYOFFS

**YESTERDAY'S RESULTS**  
Montreal 4 Washington 1 (Series tied 3-3)  
Boston 4 Buffalo 3 (Bruins win series 4-2)  
Chicago at Nashville

**TODAY'S GAME**  
Detroit at Phoenix, 9 p.m. (Series tied 3-3)

#### NBA PLAYOFFS

**YESTERDAY'S RESULTS**  
Orlando 99 Charlotte 90  
Milwaukee 111 Atlanta 104  
Portland at Phoenix

**TODAY'S GAMES**  
Miami at Boston, 7 p.m. (Celtics lead series 3-1)  
Chicago at Cleveland, 8 p.m. (Cavs lead series 3-1)  
San Antonio at Dallas, 9:30 p.m. (Spurs lead series 3-1)  
Okla. City at L.A. Lakers, 10:30 p.m. (Series tied 2-2)

#### BASEBALL

**YESTERDAY'S AL RESULTS**  
Boston 13 Toronto 12  
Detroit 8 Texas 6  
Kansas City 3 Seattle 1

#### Cleveland at L.A. Angels

**YESTERDAY'S NL RESULTS**  
Florida 10 San Diego 1  
Chicago Cubs 4 Washington 3 (10 ings)  
St. Louis 4 Atlanta 3  
Pittsburgh at Milwaukee  
Arizona at Colorado  
Philadelphia at San Francisco  
L.A. Dodgers at N.Y. Mets (postponed)

#### TODAY'S AL GAMES

Minnesota at Detroit, 7:05 p.m.  
N.Y. Yankees at Baltimore, 7:05 p.m.  
**Boston at TORONTO, 7:07 p.m.**  
Oakland at Tampa Bay, 7:10 p.m.  
Chicago White Sox at Texas, 8:05 p.m.  
Seattle at Kansas City, 8:10 p.m.  
Cleveland at L.A. Angels, 10:05 p.m.

#### TODAY'S NL GAMES

L.A. Dodgers at N.Y. Mets, 7:10 p.m.  
San Diego at Florida, 7:10 p.m.  
Cincinnati at Houston, 8:05 p.m.  
Washington at Chicago Cubs, 8:05 p.m.  
Pittsburgh at Milwaukee, 8:10 p.m.  
Atlanta at St. Louis, 8:15 p.m.  
Arizona at Colorado, 8:40 p.m.  
Philadelphia at San Francisco, 10:15 p.m.

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Asparagus spears can be thick or thin, but which diameter tastes better? Slender doesn't mean tender. Thin and thick stalks can be equally tender although the thick ones are meatier. **THE CANADIAN PRESS**

# Food



## What's the scoop?

Fans of ice cream who are clever with words now have a chance to link their brains and taste buds by coming up with a moniker for the newest flavour created by Ben and Jerry's. The flavour is a combination of vanilla ice cream, fudge-covered waffle cone pieces and a fudge swirl. It has been temporarily named *We are Waffling*, but the company wants fans to visit its Facebook fan page and serve up their own name. For more information, visit [benjerry.ca](http://benjerry.ca). **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### Personal Gourmet recipe of the month

ROSE REISMAN

## Have friends over for brunch

### Cobb salad wraps with tomatoes, avocado and black beans

A cobb salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed the main ingredients into a wrap. It's delicious. **SERVES 8**

#### INGREDIENTS:

- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper



Cobb salad wraps with tomatoes, avocado and black beans.

- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

#### METHOD:

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool

slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with some of the tomato mixture. Top

with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400°F oven for 5 minutes until warm.) Cut in half and serve.

- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

#### Salad:

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese (about 2 oz)

#### Dressing:

- 1 1/2 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- 1 Tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard
- 6 oz grilled sliced chicken or shrimp (optional)

#### METHOD:

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds. Serve topped with grilled chicken or shrimp, if desired.

#### INGREDIENTS:

##### Cinnamon Almonds:

- 1/4 cup whole almonds
- 1/4 cup packed brown sugar
- 1/2 tsp cinnamon

### LiquidAssets

#### Peter Rockwell

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

### Summer sipper

While in the Veneto region

of Italy earlier this month I had a chance to take a side trip to Tuscany and its über famous region of Chianti. You can blame its popularity on those tubby, straw-wrapped bottles or that it was Hannibal Lecter's favourite fava bean affinity; either way everyone has heard of the place.

I made a bee-line for the sub-region of Classico (which in wine speak means the oldest, and some would say best, part of the area) to check out Castello di Gabbiano — a modern winery with an incredible 12th century castle as a centerpiece that overlooks the vineyards from its hilltop perch.

Gabbiano's liquid personality is traditional with a contemporary sensibility and the 2008 Chianti DOCG (\$12.95 - \$16.99) shows that balance with its soft cherry fruit and bright ripe flavour that sees no oak aging and is made from 90 per cent sangiovese — Chianti's signature grape.

The fruit for the 2008 Pinot Grigio delle Venezie IGT (\$12.80 - \$13.99) isn't local — it's grown a few hours away in the regional grouping of Tre Venezie and includes a bit of chardonnay and garganega in the blend. Creamy, citrusy and refreshing; it makes an ideal summer sipper.

Prices reflect the range across the country. Some products may not be available in all provinces.



#### About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at [rosereisman.com](http://rosereisman.com) & [personalgourmet.ca](http://personalgourmet.ca)

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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**LUSHious wrap**

LUSH Cosmetics secured a spot in Hewitt Associates' 2010 top 30 greenest Canadian companies. It's no wonder with competitions to reduce energy, a composting program and, now, replacing of the usual product wrap with Knot-Wrap (\$6.95) stations where people can swaddle their swag in colourful reusable scarves. **METRO NEWS SERVICES**



# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Matching moms makes scents

LIZA HERZ  
for Metro Canada

Find the mom on this page that fits your family profile, then show you love her with one of these custom-fit fragrances.

### 1 YUMMY MOMMY



Demi Moore

#### SHE ...

- Wears heels right through the ninth months of pregnancy.
- Can apply mascara while simultaneously making lunch for the kids.

Give her a gorgeous designer fragrance that smells great and also looks stylish on her dresser.

Prada Infusion de Tubereuse, 50 ml eau de parfum spray

(edp), \$90. Available at

Holt Renfrew, Sephora and Shoppers Drug Mart Beauty Boutiques.

### 2 ELEGANT MUMMY



Gwyneth Paltrow

#### SHE ...

- Never has a hair out of place, has never gone to work with baby spit-up on her shoulder.
- Disciplines her children in French.

A subtly floral eau de toilette is perfect for the woman who doesn't need to be heard.

Chanel Chance Eau Tendre, 50 ml. Eau de toilette (edt), \$72. Available May 3rd at all Chanel beauty counters.

### 3 EXECUTIVE MOM



Anna Wintour

#### SHE ...

- Can covertly check her Blackberry while watching the school play.

She loves a modern, almost masculine fragrance, but one with a stealth feminine note.

Chloé eau de Fleurs Lavande, 100 ml edt, \$135. Available at Holt Renfrew, select Bay Department Stores and Murale.

### 4 SPORTY MOM



Jennifer Garner

#### SHE ...

- Can (and does) beat you at tennis.
- Considers her black yoga pants to be formal wear.

Give this energetic, high-spirited woman a clean and fresh fragrance, never anything too heavy.

Fruits & Passion Viva! 75 ml edt, \$35. Available exclusively at Fruits & Passion stores.

### 5 SENTIMENTAL MOM



Kate Winslet

#### SHE ...

- Has every family photo printed and organized into an album.
- Still wears the bracelet you made her at camp when you were eight.

She loves a richly floral, undeniably feminine fragrance.

Ralph Lauren Summer Romance, 50 ml. edp \$70. Available at The Bay, Sears and in Shoppers Drug Mart Beauty Boutiques.

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**Are you living with pain associated with fibromyalgia?**

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**To find out more about fibromyalgia visit [fibrocentre.ca](http://fibrocentre.ca)**



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**INOA no odour!**

# Short vs. long, it's a hairy issue

## The J Spot

Josey Vogels

metronews.ca/thejspot

I'll never forget it. I was 10 and, upon meeting me for the first time, my sister's neighbour asked: "What's your cute little brother's name?"

Okay sure, I was a bit of a tomboy but I somehow knew immediately that it was my new super short haircut that had con-

fused her. "I'm a girl!" I whined rather meekly as my 10-year-old brain was forever etched with the message: Real girls have long hair.

And, an informal Twitter survey seems to back this up. While most men and women agreed that it really depends on the woman, when pressed, most men admit they prefer long hair.

There may be some evolutionary evidence to back them up. According to the lab coats, the quality and length of a woman's hair serves as a marker of genetic strength and overall health and thus, her desirability as reproductive material.

**"While most men and women agreed that it really depends on the woman, when pressed, most men admit they prefer long hair ... We communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate."**

Of course, by this reasoning, women should be all over men sporting long ponytails and, well, let's

Actress Ginnifer Goodwin — same lady, different hair cut.

not go there, shall we? (In fact, for a hilarious and very practical guide to all things men say/do/wear that are dating deal breakers, check out Undateable: 311 Things Guys Do That Guarantee They Won't be Dating or Having Sex. For info, visit undateable.com).

Still, in one study published in the research journal Human Nature, researchers found that women who had originally been rated by a test group as being

less attractive were rated far more highly when shown with a longer hairstyle.

Interestingly, as they get older, past their reproductive years, most women choose shorter haircuts because they are considered more "age appropriate."

Of course, men are not ruled entirely by their inner cave man and some men told me they actually prefer short hair on women of any age.

Of course, even from an evolutionary perspective, shiny, lustrous short hair would be a better sign of health than damaged, dull long hair. But, the

truth is, some women just look pretty darn sexy in short hair. Still, culturally, we strongly associate long hair with sex ap-

peal and femininity. Short hair is associated with boyishness and asexuality.

Obviously, we communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate. Which is why I actually admire women who can rock a short haircut and look sexy.

It's as if she's thumbing her nose at traditional notions of female sexuality and telling the world that she doesn't have to buy into it. That she can be sexy on her own terms.

It almost makes me want to go out and get a sexy, short haircut. If I could only get my inner 10-year-old on board with the idea.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com. Follow her on Twitter @joseyvogels



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## DOES YOUR MOUTH PASS THE SMELL TEST?

You know the test! Things look ok but something still does not "feel" right to you. You might use the expression that it does not pass the "smell" test.

Well, as unpleasant a thought as it may be, your mouth may be in a similar state of health. All your teeth are there and they appear to be nice and white. But that "smell" test is emitting an odour that says something is wrong.

Truth be told, one in four Canadians suffers from bad breath that cannot be controlled with regular brushing, flossing or dental treatments. Of course, mouthwash or breathmints do little more than cover up the problem for very brief period.

These people might be surprised to learn that their bad breath may indicate a more serious, underlying health issue. Perhaps some form of local infection in the respiratory tract might be the cause. However, it may also be a sign of sinusitis, bronchitis, untreated diabetes or kidney or liver issues. All of these medical conditions need to be treated by a physician.

In most cases, however, bad breath is the result of poor oral hygiene. If you are not brushing and flossing on a regular basis, food particles can be



Dr. Martin LaBoissonniere  
Dental Surgeon

allowed to build up between your teeth. These particles attract a lot of bacteria. Keep in mind that your mouth is a nice, warm moist home which bacteria naturally finds very attractive! Add in some decaying food particles and you will have some very happy bacteria!

Of course, this can lead to further more serious oral health issues. The build-up of bacteria can penetrate the gums resulting in gum disease, also known as periodontitis. This can result in gum recession, tooth loss and even bone loss in the jaw. More seriously, these harmful bacteria will have an easy access route to your blood system and may spread their infections to other

parts of the body, including the heart and lungs!

So don't be afraid to see if your breath passes the "smell" test. Just cup your hand over your mouth so that your breath is directed toward your nose. Then exhale. If something does not smell right, you might have to pay greater attention to your brushing and flossing habits.

The best news is that good oral hygiene practices, including regular visits to your dentist, will usually be sufficient to alleviate your breath problems. You may find that is all you need to do to turn your unpleasant odour into something that passes any smell test. Of course, if you are a smoker, quitting that habit may also be necessary to improve your breath.

Anyway you look at it, getting rid of bad breath is good for your confidence and also good for your health. So make sure you are not having trouble with the "smell" test. Because eliminating bad breath is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere  
- Dental Surgeon

## Have you received an HPV vaccine?

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Research is now underway to develop HPV vaccines that could possibly protect against additional types of HPV. If effective, these new investigational vaccines may help to further reduce a person's risk for developing cancer and other health problems caused by HPV.

Help research by volunteering for a vaccine research study.

### You may qualify if you:

- are a female between 12 and 26 years of age
- have received a 3-dose regimen of a specific marketed HPV vaccine
- are willing to use birth control for a minimum of seven months
- are not planning to become pregnant during the study
- have not had an abnormal PAP

For more information, please contact:  
Katharine at **613-747-3600**  
or [kyonge@sympatico.ca](mailto:kyonge@sympatico.ca)

There are also certain risks with this study that the study doctor will explain to you should you choose to participate.



**Make-A-Wish Foundation**

This Thursday marks the 30th year of granting kids living with life-threatening medical conditions their wish to be a ballerina for a day or meet their favourite sports celeb. Check out [www.makeawish.ca/worldwishday](http://www.makeawish.ca/worldwishday) for celebrations in your area. **METRO NEWS SERVICES**

# Food for thought and hair

CELIA MILNE  
for Metro Canada



**As a society, we spend a gazillion dollars on products to beautify our skin, hair and nails. But ponder this: much of our outer radiance comes from within.**

To a large extent, if you're healthy on the inside, you'll look it on the outside, believes Dr. Alan Logan, a naturopathic physician in Connecticut, who lectures in mind-body medicine at Harvard University.

His recent book, *Your Skin, Younger* (Cumberland House) explains how better diet and nutrition, smarter food preparation, and lower stress levels can improve your skin.

Luckily, we don't have to remember a whole new set of health rules, since

the same foods that are good for our organs are good for our hair and nails.

"Many of the dietary components advocated for cosmetic purposes are the very same foods and beverages — for example whole grains, fish and seafood, low-fat dairy, legumes, health cooking oils, deep green vegetables and coloured fruits, seeds, nuts, green tea, red wine, cocoa — that are now fairly well known as protective against chronic diseases such as cardiovascular disease, type 2 diabetes and some types of cancer," says Logan.

He recommends the Mediterranean diet, which has many of these components, and is low in sugar, excess fat, and extra calories. "Overall it contains a number of nutrients that are of critical importance to hair, skin and nails."

It's more than just eating the right foods. Logan's book introduces readers to the concept of Advanced Glycation End-products, or AGEs, which are to be avoided.

They are found in foods that are cooked on high heat in the absence of moisture, and they cause inflammation and oxidative stress. "Turning off the oven, using a steamer, and poaching, boiling, simmering or stewing your foods

can go a long way in the effort to maintain a youthful and glowing appearance." Certain minerals are recognized to

promote the health of your hair, including zinc and selenium (both found in lean meat, nuts and seafood). Biotin (in egg yolk) and silicon (in brown rice and root vegetables) have emerged as being of special significance to the nails, both capable of preventing brittle nail syndrome when taken internally.

Essential fatty acids such as the omega-3 found in fish and seafood are helpful in hydrating skin and giving hair a healthy lustre.

Your hair is a storage depot for environmental toxins such as heavy metals. Almost 10,000 chemicals, most of them synthetic, are used in skin-care products today, says Logan.

It might be a good idea to "detox" your hair by looking for organic hair products without synthetic fragrances, phthalates, parabens, and sulfates.

## The Doctor's tips

Dr. Logan's must-dos for healthy skin, hair and nails:

- eat fish and seafood 3-5 times per week.
- use olive oil while cooking on low to moderate heat.
- consume lots of deep-coloured veggies and fruits. Think of purple/red in berries and beets, and deep green in spinach, kale and bok choy.
- follow other parts of the Mediterranean diet: nuts and seeds, chocolate and red wine.
- keep sugar to a minimum
- avoid high-fat junk food.
- try to bring water into cooking as much as possible. This cuts down on the number of advanced glycation end-products (AGEs), which take a toll on healthy skin.
- try to de-stress and get your life in order. Studies of identical twins shows that those who are depressed have older-looking faces.

## Women can't help but judge: Study

**BODY IMAGE** Women obsess about their bodies and compare themselves to others. They can't help it.

A fascinating new study in Utah has found out what is actually going on inside the brains of women when they see other women. These internalizing tendencies are quite strong, even in women who have a healthy body image.

When women inside an MRI machine looked at pictures of complete strangers who were overweight, it triggered activity in their brains that processed self-reflection and identity. Not so with men.

"Under the surface is an anxiety about getting fat and the centrality of body image to self," says Mark Allen, a neuroscientist from Brigham Young University. Men did not show any self-reflection in similar situations.

CELIA MILNE/FOR METRO CANADA



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# Running out of steam? You might be iron-deficient!

## Low Iron

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency — and you may not even be aware that your iron is low. **Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.**

## Iron is essential

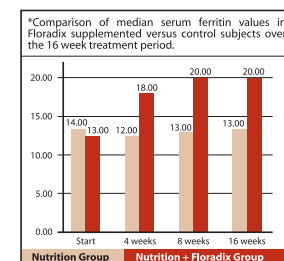
Since your body cannot produce iron by itself, you have to get it from your daily diet. Iron is essential for the transportation

of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body... Do you eat 15 cups of broccoli, 18 eggs or generous portions of liver and kidneys each week in order to get all the iron your body needs? Probably not!

## The natural solution!



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\*Adzersen KH, Loeve-Mesch A, Freivogel K, Gerhard I. Examination of the effectiveness of Floradix (liquid) in women with low ferritin level. Department of Gynecology, Endocrinology, and Fertility disorders, Heidelberg Women's University Clinic, 2002.

replenishes iron levels, which helps to restore energy! Floradix® is highly recommended by health care professionals because it is clinically proven to normalize low iron levels and is non-constipating as well.

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## Are you iron-deficient?

- ☐ Do you often feel listless, weak or irritable?
- ☐ Do you look pale, lack appetite or feel tired?
- ☐ Do you have brittle hair and nails?
- ☐ Are you pregnant or nursing or planning to become pregnant?

Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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Avatar is maintaining its popularity in the move from box office to home video, with sales of 6.7 million DVDs and Blu-ray disks in the first four days of its release. Twentieth Century Fox reports that James Cameron's sci-fi epic has sold 2.7 million Blu-rays and 4 million DVDs. **THE ASSOCIATED PRESS**

# Entertainment



## Bieber fever

A fan stampede forced teen sensation Justin Bieber to cancel a performance in Australia yesterday after a crowd of thousands broke down police barriers. Several girls were injured. **THE CANADIAN PRESS**

EDITOR: DEAN.LISK@METRONEWS.CA

# Warming up to Jakob Dylan

New album filled with delicate alt-country, soft Americana and touching harmonies

## TheAudioFiles

**Bryan Borzykowski**

metronews.ca/music



Women and Country is the warmest album to date from Jakob Dylan.

The last time I heard anything interesting from Jakob Dylan was 14 years ago — when his band, The Wallflowers, released *Bringing Down the Horse*. You know that album — it's the one with *One Headlight* and *6th Avenue Heartache*, the record that pushed Bob Dylan's second youngest into a similar spotlight his father occupied 30-some-thing years before.

Unlike his pops, though, he couldn't continue his chart-topping, Grammy-winning ways. I lost track of Dylan somewhere after the third Wallflowers disc came out in 2000, and took a passing interest two years ago, when he released his first solo disc.

But when I heard that he

teamed up with T-Bone Burnett — the legendary musician, now Oscar winning songwriter, and producer of *Bringing Down the Horse* — I thought it was time to give Dylan another try. And after listening to *Women and Country*, I'm glad I did.

On the surface, the al-

bum sounds a lot different than Dylan's old rock band. It's filled with delicate alt-country, soft Americana and touching harmonies from Neko Case and Kelly Hogan. It's not quite as spare as *Seeing Things*, his Rick Rubin produced, stripped down solo debut, but thanks to the

quiet atmospheric hums of reverb, the relaxed vocals and lyrics about self-worth, struggle and, less explicitly, about being a working dad to four kids, this is his warmest record yet.

When I told Dylan that *Women and Country* was coming from a different songwriter than I remem-

ber, he disagreed. "I addressed the music as a big band sound, a rock and roll sound, but we had things like pedal steel and horns early on," he says. "It's all the same for me."

He admits that his writing is more "refined" and he now recognizes his strengths. If anything, it's his songwriting maturity

that may be the biggest difference between this and his Wallflowers days — he sounds more confident playing alone, and it seems as if, at 40, he's able to embrace the country folk combo he was brought up on.

"I'm drawn to traditionalism," he says. "The instruments that we're using on this album will be played thousands of years from now."

Although Dylan's music now sounds a little more like his father's, he's been

fielding questions about his dad for nearly two decades. It's not something that bothers him, at least not anymore. "It is what it is," he says. "There's a misconception for some reason that I've been waiting for it to go away, but I understand it's impossible to think of me and not think of the other."

Jakob Dylan

Even if he took up some other profession, like an accountant, he'd still get comparisons, he says. "You don't think I'd be accused of things if I was the head accountant? In any line of work there would be baggage."

The elder Dylan is supportive, he points out, and with an album as good as *Women and Country* it would be hard not to be.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

## DVD picks

### It's Complicated

Director: Nancy Meyers

**ONLY AN ACTRESS** of Meryl Streep's calibre could bring some heft — and real laughs — to something as featherweight as *It's Complicated*, writer/director Nancy Meyers' latest glossy excursion into the travails of the rich and idle.

Streep is Jane, the type of woman who would have been referred to as a

wealthy divorcee in movies of an earlier era. She runs an upscale bakery that seems to make money by magic and lives in a Santa Barbara garden home that couldn't be more fabulous — but that doesn't stop her from planning an expensive makeover regardless.

Jane is well past the mourning stage of her failed marriage to the philandering Jake (Alec Baldwin). The last of her grown-

up kids is leaving the nest. She's free to build the kitchen and bedroom of her dreams, to consider cosmetic surgery and to flirt with her architect, a mild gent named Adam (Steve Martin). But then Jake bumbles back into her life and boudoir, and things get, um, complicated.

Streep's gift for comedy and her magnetic screen presence make this an easy watch and a much more en-

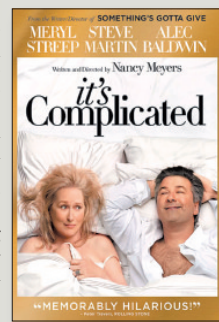
tertaining movie than it might otherwise be. She's well matched with Baldwin and Martin, who are considerably funnier here than as co-hosts of the most recent Academy Awards.

A scene where Streep and Martin sample ultra-strong weed at a party is worth the price of admission, reminding us of Martin in his "wild and crazy guy" phase from the 1970s.

John Krasinski plays

straight man as a future son-in-law who is shocked and appalled over the marital misadventures he accidentally witnesses. He's so much better in a supporting role than a leading one. If all else fails, there's always the lifestyle porn to gawk at. In Meyers' world, everybody has big bucks, new cars and problems that can be solved in under two hours.

Peter Howell/for Metro Canada



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**Elwes back in Saw franchise**

If you've been wondering just what happened to Cary Elwes' Dr. Lawrence Gordon as the Saw sequels toddled along without him, you'll finally get your answer in the latest outing, Saw VII. Lionsgate has announced that Elwes has signed on to reprise Dr. Gordon. **METRO NEWS SERVICES**

# Where cowboys turn comic

Director fashions laughs out of Canada-set western

STEVE GOW  
for Metro Canada



**Bill Phillips has a theory about why moviegoers are drawn to westerns.**

"There's comfort in (them)," stated the director of *Gunless*, a new comedy about fictional outlaw The Montana Kid. "The western has evolved but you're still getting those (classic) elements ... it's like meat and potatoes, you know what you're going to get."

Phillips knows what he's talking about. A longtime admirer of the genre ("when I was growing up, there was nothing better than Butch Cassidy & The Sundance Kid"), the Toron-

to-bred filmmaker crafted the premise of an American gunslinger (played by Paul Gross, ironically) that finds himself stranded gunless in peace-loving Canada years before he even made his 2002 Genie-Award nominated feature debut, *Treed Murray*.

"There is something about taking those iconic elements," Phillips said of the genre. "You drag that north of the 49th parallel and start playing with it, bringing in the Canadian elements (and) it begs comedy. If it wasn't going to be comedy, I'm not sure what it would be."

As humour-laced as *Gunless* is, Phillips was careful not to overplay the genre's American iconography

**Gunless opens in theatres Friday**



Director Bill Phillips, second from left, chats with star Paul Gross, second from right, and other actors on the set of his western-themed comedy *Gunless*.

maintaining the integrity of accentuating such authentic Canuck curiosities as sod houses and the progressive gun laws of 1880's Canada.

"There is historical accuracy here," explained Phillips. "We did our due diligence but I will say a western is as much fantasy as science-fiction and we

are never going to let truth get in the way of a good story."

Phillips didn't let some tough conditions get in the way either. Shooting in Os-

**"I will say a western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."**

Bill Phillips

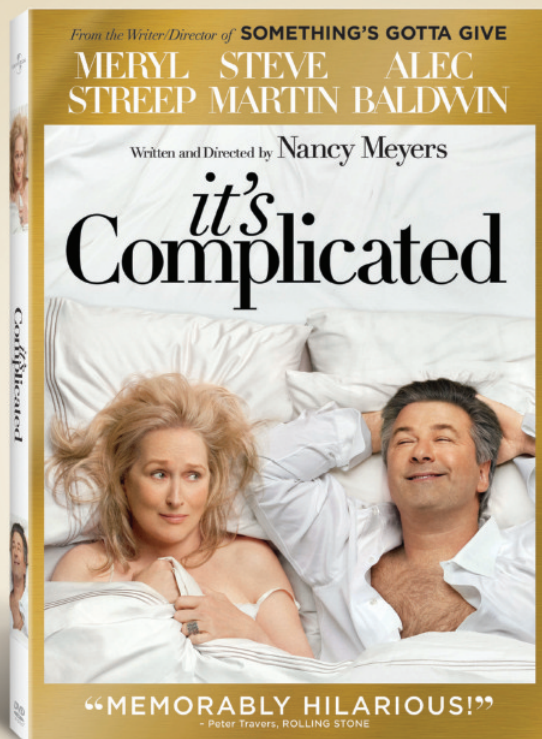
yoos, B.C. (Canada's hottest region), the cast and crew had to endure extreme temperatures, dust storms that shut down production and challenges that gave them a real taste of the wild west.

"You'd have to wash your hair two-times to get all the dust out. I don't think anybody got all the dust out of their lungs until two months after the shoot was done," admitted Phillips before admitting if he had to go back, he might do it all over again. "Making a western, it's a blast. You got a crew of fifty people all playing cowboys and that is a lot of fun."

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- Pete Hammond, BOXOFFICE MAGAZINE



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An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos. Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won \$100,000 for a video of Keegan imitating a dancing doll. **THE CANADIAN PRESS**

## Carrey joins Conan for his comedy show

**GUEST STARS** Conan O'Brien had a few surprise guests during the Los Angeles stop of his Legally Prohibited From Being Funny on Television comedy tour.

Jim Carrey joined the red-headed funnyman on stage to sing Superman (It Ain't Easy) by Five for Fighting.

Carrey wasn't the only one to appear with O'Brien. Jon Hamm, Jonah Hill, Aziz Ansari and Jack McBrayer also made cameos, EOnline.com re-



Jim Carrey

ports. Ironically, Conan performed at Universal Studios, just yards away from his one-time Tonight Show set. The former host left NBC after the network wanted to push Tonight back to make room for Jay Leno's return to late night after his prime-time series failed to attract viewers.

Coco is under contract from NBC not to appear on TV until November — when his new show with TBS will begin. **METRO NEWS SERVICES**

# Reality TV star Michaels remains in intensive care

**Doctors plan further testing to help pinpoint the source of the brain hemorrhage that is keeping Bret Michaels in intensive care, according to the rocker's website.**

A report from doctors is expected this week. The website doesn't say where Michaels, 47, is hospitalized.

"Please remember Bret is, and always has been, a fighter and survivor and is under the best medical care

possible," the post added.

His New York-based publicist, Joann Mignano, confirmed on Friday a report on People magazine's website that said the former Poison frontman was rushed to intensive care late Thursday after a severe headache. Doctors discovered bleeding at the base of his brain stem, the report said.

Michaels is a contestant on Donald Trump's competitive reality show, The Celebrity Apprentice. He has served as one of the season's most outspoken celebrities and has so far avoided being fired in the boardroom. At the end of Sunday's episode, an announcer acknowledged his condition and said everyone at NBC "wishes Bret Michaels a speedy recovery."

Michaels had an emergency appendectomy April 12 after complaining of stomach pains before he was scheduled to perform at Sea World in San Antonio, Texas. Michaels later



Poison lead singer Bret Michaels, who is currently on the reality TV show The Celebrity Apprentice, remains hospitalized from an apparent brain hemorrhage.

wrote on his website that although the surgery "has taken its toll," doctors expected him to make a full recovery.

Before joining the third season of The Celebrity Apprentice, Michaels starred as the lothario on VH1's lusty reality dating series

Rock of Love from 2007 to 2009. For three seasons, Michaels searched for the women of his dreams amid a sea of implants, tattoos and thongs. He also served as a judge on the fifth season of the USA singing competition Nashville Star in 2007. **THE ASSOCIATED PRESS**

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	211 331 3 GTV	Entertainment	ET Canada	NCIS: Moonlighting (N)	Glee "Home" (HDTV) (N)	The Good Wife "Boom"	News Hour			
	- - 5 SRC	Squelettes	Tout	Beautés désespérées (SC)	Museum Eden (SC)	Le Téléjournal Nouvelles (SC)	La Zone (SC)			
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	208 303 8 CBC	NHL Hockey: Ottawa Senators at Pittsburgh Penguins (HDTV) (Live)				CBC News: The National	The Hour			
	- 360 9 NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser A challenge involves wrangling calves.		Paranthood (HDTV) (N)	News			
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	- 365 36 FOX	TMZ (N)	Seinfeld	NOVA (DVS)	Frontline (N) (DVS)	Independent Lens (N)	Charlie Rose			
	- - 64 PBS	Business Rpt.	Help Wanted	American Idol	The Mentalist (HDTV)	Law & Order: SVU	CTV News			
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	406 417 27 net	24 Hours on 60 minutes	That's Hockey	NHL Hockey Philadelphia Flyers at New Jersey Devils.	Score Now	Score Now	Score Now			
	126 730 28 RDI	That's Hockey	NHL Hockey Philadelphia Flyers at New Jersey Devils.	Score Now	Score Now	Score Now	Score Now			
	400 280 30 TSN	After Wrestling	Cabby Unlimit	NBA Basketball	Score Now	Score Now	Score Now			
	410 403 52 SCR	Ghost Hunters	Destination Truth	NASCAR Hall of Fame (HDTV)	Score Now	Score Now	Score Now			
	411 457 56 OLN	NASCAR Smart	NASCAR Hub	Race in 60 (HDTV) (N)	Score Now	Score Now	Score Now			
	417 406 59 SC	Johnny Test	Total Drama	6TEEN	Score Now	Score Now	Score Now			
	554 544 48 TEL	Sonny Chance	Suite Life	Overruled!	Score Now	Score Now	Score Now			
	552 545 45 FAM	My Life as Liz	After Show	The Hills	Score Now	Score Now	Score Now			
	551 542 46 YTV	The Daily Fix (N)	Criminal Minds (HDTV)	Deadliest Warrior (HDTV)	Score Now	Score Now	Score Now			
	570 580 29 MTV	The First 48 (HDTV)	UFC Unleashed	Help! I'm Turning Into a Giant	Score Now	Score Now	Score Now			
	615 520 31 A&E	CSI: Crime Scene Invstgtn.	Partir autrement	Love Sick: Secrets of a Sex Addict (2008, Docudrama)	Score Now	Score Now	Score Now			
	628 584 32 SPKE	Ultimate Cake Off	Zoom animal	Reba	Score Now	Score Now	Score Now			
	521 560 34 TLC	Relic Hunter	Saturday Night Divas	How It's Made	Score Now	Score Now	Score Now			
	145 761 35 TVS	Live at the Rehearsal Hall	How It's Made	Reba	Score Now	Score Now	Score Now			
	616 521 39 BVO	Daily Planet (N)	How It's Made	Reba	Score Now	Score Now	Score Now			
	620 523 40 SHO	Amer. Funniest Home Videos	Party Mamas	Party Mamas	Score Now	Score Now	Score Now			
	520 505 42 DIS	Rich Bride Poor Bride	Party Mamas	Party Mamas	Score Now	Score Now	Score Now			
	575 583 43 CMT	Air Force	22 Minutes	Corner Gas	Score Now	Score Now	Score Now			
	601 562 45 SCT	Family Guy	Family Guy	Family Guy	Score Now	Score Now	Score Now			
	625 584 46 COM	House Hunters	Property Virgin	Outdoor Room	Score Now	Score Now	Score Now			
	294 529 47 TBS	Stargate Atlantis (DVS)	My Life as Liz	After Show	Score Now	Score Now	Score Now			
	600 564 49 H&G	My Life as Liz	After Show	The Hills	Score Now	Score Now	Score Now			
	627 528 50 SPK	My Life as Liz	After Show	The Hills	Score Now	Score Now	Score Now			
	581 566 53 MTP	The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld	Ones de choc	Score Now	Score Now	Score Now			
	618 524 54 MOV	Aftermath (HDTV)	Biographies "Les Culkin"	May-December	Score Now	Score Now	Score Now			
	522 506 55 HIS	Murder, She Wrote	Style by Jury	Style by Jury	Score Now	Score Now	Score Now			
	129 737 60 CD	Supernanny	Cashing In	Rabbit Fall	Score Now	Score Now	Score Now			
	261 394 61 W	Fish Out of	Mixed Blessing	The Ellen DeGeneres Show (N)	Score Now	Score Now	Score Now			
	602 567 62 V	Look-A-Like	TMZ	Dinner: Impossible (N)	Score Now	Score Now	Score Now			
	269 350 70 APTN	Ricardo	Exotic		Score Now	Score Now	Score Now			
	612 527 71 TLK				Score Now	Score Now	Score Now			
	603 561 95 FN				Score Now	Score Now	Score Now			

## critics' corner

### NCIS

Gibbs and Special Agent T.C. Fornell (Mark Harmon, guest star Joe Spano) and the team try to uncover the truth when a polygraph specialist's night job takes a dangerous turn that leads to murder in the new episode "Moonlighting." Michael Weatherly, David McCallum and Pauley Perrette also star. 8 PM on 13 CBS 3 GTV



### NCIS: Los Angeles

At Hetty's (Linda Hunt) request, LAPD liaison Marty Deeks (guest star Eric Christian Olsen) helps the team look for an infamous socialite connected to a Navy officer's murder in the new episode "Fame." Chris O'Donnell, LL Cool J and Peter Cambor also star. 9 PM on 13 CBS

### The Hills

LC! Kristin! And of course, Heidi! A guilty pleasure that's yielded its stars far more than 15 minutes of fame, this unscribed series returns for its final season. But they're not resting on their laurels here; expect lots of new drama ... and a new look for Heidi Montag. 10 PM on 53 MTV

## Glee honoured as 'future classic'

**AWARDS** TV Land paid it's yearly tribute to television shows no longer on the air during the 8th Annual TV Land Awards on Sunday, zap2it.com reports.

This year's award recipients included '70s and '80s classics like the Tom Hanks/Peter Scolari comedy Bosom Buddies, The Love Boat, and Charlie's Angels. TV Land always reserves one award for a show they predict will be a "future classic," and this year FOX's hit show Glee snagged the honour. **METRO NEWS SERVICES**

## In brief

**TRUE BLOOD** Now that Anna Paquin and Stephen Moyer are altar-bound, Anna's older brother has given his blessing to his sister's True Blood costar joining the family. "I absolutely approve! Steve will be an amazing husband to Anna and a great brother-in-law," Andrew Paquin told People.com.

**METRO NEWS SERVICES**

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**Parker taking a break from acting**

Sarah Jessica Parker is taking a break from the big screen to work as a museum tour guide. The *Sex and the City* star has agreed to record an audio guide for the Metropolitan Museum of Art in New York, according to Hollyscoop. **METRO NEWS SERVICES**

**Celebrity Buzz****Lohan hurls drink at Ronson**

**MAYBE SAM WAS THIRSTY** Lindsay Lohan appears to be taking out her frustrations over her career and personal problems on ex-girlfriend Samantha Ronson.

The troubled starlet reportedly hurled a drink at Ronson while hanging out at L.A. nightclub Trousdale, according to Gatecrasher.

"It was ridiculous," a source says.

"Sam was sitting at a table, and Lindsay came up from behind and tossed an entire drink at her. Sam

looked livid but just let it go. Why people even let Lindsay inside their establishments anymore is beyond me."

Despite her very public problems recently, Dina Lohan insists her daughter is doing just fine and is a perfectly fine role model for younger sister Ali Lohan, who is following the career path blazed by her older sister.

"Lindsay is absolutely, 100 per cent, not (a bad influence)," Dina tells People



magazine.

"Ali is amazing. She loves her sister. Would I let my daughter go anywhere that's dangerous?"

Dina insists the real concern is ex-husband and father of both children, Michael Lohan.

"Ali and Lindsay need to be protected from their ex-father. That's the dangerous situation," she says.

"He's creating a worse situation for everyone."

**METRO NEWS SERVICES**

**Jersey Shore star gets booze dumped on her**

**CAN WE CONFIRM THIS 'MAN' WAS NOT LINDSAY LOHAN?** Last season on *The Jersey Shore*, a man threw a punch at Nicole "Snooki" Polizzi.

This season? Just a drink.

The newly single MTV reality star, 21, was doing shots with Jenni "JWoww" Farley, 23, at Ocean's 10 bar in Miami Saturday at 6 p.m. when a man approached her, usmagazine.com reported. A confrontation escalated and Snooki threw food at the man.

The unknown guy retaliated by dumping his own drink all over Snooki.



**METRO NEWS SERVICES**

**I was seduced by two older women: Michael Douglas**

**BUT DON'T TELL MY MOMMY** Michael Douglas confesses to *Elle* magazine that he learned everything he needed to know about sex when he was seduced by two of his mother's friends at age 16, though he refuses to name names since his mom, actress Diana Dill, still doesn't know about the escapade.

"I wouldn't want to get any of them in trouble," Douglas tells the magazine.

"Though they're probably dead now."



**METRO WORLD NEWS**

Follow these celebrities on Twitter...

**CelebTweets**

**SAMANTHA RONSON** has a tough night out at the club, **JUSTIN BIEBER** is upset his Australian concert got canceled, **KIRSTIE ALLEY** is overdoing it and **KATY PERRY** likes to be prepared.



@samantharonson Just got a glass thrown at my head.... Hmmm- wonder who did it????

@kirstiealley Now get this...I am embarrassed to tell...I was working out and I....threw my back out

@katyperry Starting vitamins when sick is like saying a prayer when the plane is going down.

@justinbieber I WANT TO MAKE THIS CLEAR...I DON'T CANCEL...I WOKE UP THIS MORNING TO THE POLICE CANCELING THE SHOW FOR SAFETY REASONS

**METRO NEWS SERVICES**

**Smith reaches out to Bullock after affair**

**I'M SURE SAYING SORRY WILL SOLVE EVERYTHING** Melissa Smith, the second woman to come forward as one of Jesse James' mistresses, has apologized to Sandra Bullock.

Smith faxed a letter to the Oscar-winning actress, taking responsibility for the affair, TMZ reports.

In the letter, Smith wrote: "I felt I needed to reach

out to you and tell you how deeply sorry I am for everything that you've been through."

"And I know nothing I can say in this letter is going to make the pain of my actions go away," she continued.

"I am sorry for any hurt or pain that I have caused you."

**METRO WORLD NEWS**

**Mayer to quit Twitter?**

**HOPEFULLY HE'LL UPDATE HIS TWITTER ACCOUNT AND TELL US WHEN HE'S GOING TO QUIT BEING A TWIT**

John Mayer may be following Miley Cyrus' lead and quitting Twitter.

"Every night for the last two weeks, I think about canceling Twitter. It's over," he says, according to *Ace Showbiz*.

"The only positive thing on

Twitter is saying, 'Thank you' and directing (followers) to something cool and important."

Mayer admits the negative attention he gets on the site is daunting.

"Why do I want more haters?" he says. "It's all about the approval."

**METRO NEWS SERVICES**

**'I'm no pushover': Cavallari**

**AGREE WITH HER OR ELSE** Has the bad girl from *The Hills* turned good?

Kristin Cavallari, known for her unvarnished opinions on the MTV reality show, says she's a better person than she's portrayed on the show — and that the real Kristin is the one who's been doing charity work recently.

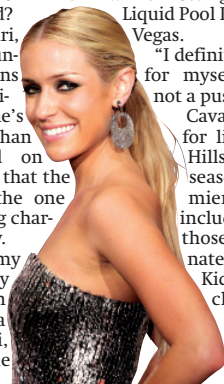
"If you asked my real friends, they would say I'm definitely not a bitch," Cavallari, 23, told *People*

Magazine on Saturday while hosting a party at Liquid Pool Lounge in Las Vegas.

"I definitely stand up for myself, and I'm not a pushover."

Cavallari's plans for life after *The Hills*, whose final season premieres Tuesday, include helping those less fortunate via the One Kid One World charity.

**METRO NEWS SERVICES**

**Pattinson rolling in money**

**PROVING ONCE AGAIN YOU DON'T NEED TALENT TO BE RICH** *Twilight* has certainly been good to Robert Pattinson.

The young star has been named one of the wealthiest actors in the U.K. Under 30, according to the *Sunday Times*.

With a reported \$20 million, Pattinson is sitting pretty at No. 5, but he's nowhere near the

list's top earner, Harry Potter star Daniel Radcliffe, with \$63 million. Radcliffe's co-star Emma Watson landed third with \$33 million.

**METRO WORLD NEWS**



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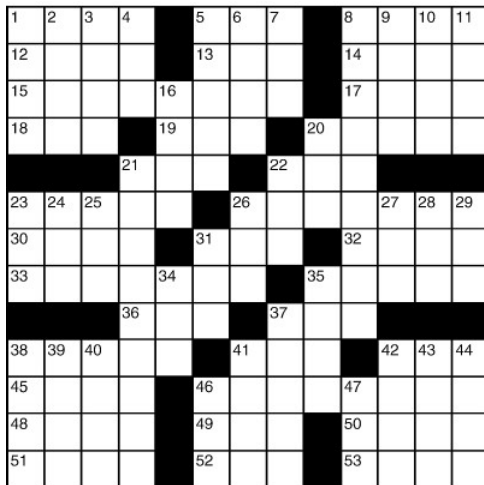


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## Take Five

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### ACROSS

1 Have on  
5 Taxi  
8 Distort  
12 "It's a Sin to Tell —"  
13 Eggs  
14 "Do — others ..."  
15 Jeff Probst's show  
17 Nevada city  
18 Thickness  
19 Morning moisture  
20 Sandwich necessity  
21 Adjective for 22-Down  
22 Adversary  
23 Debate topic  
26 Prime Minister's street  
30 Norse thunder god  
31 Carton  
32 Defeat decisively  
33 Greedy  
35 Tilts  
36 Lingerie item  
37 Otolologist's subject

38 What Nixon denied being  
41 Over-active one?  
42 Center  
45 Tibetan monk  
46 Take unawares  
48 Gray hair cause  
49 Favorite  
50 Looked at  
51 Repair  
52 Blond shade  
53 Root beer brand

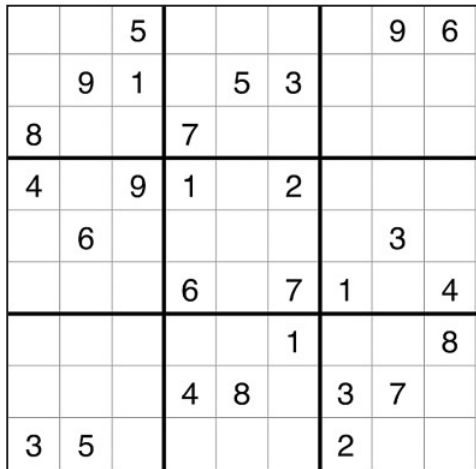
### DOWN

1 Nasty stinger  
2 Hebrew month  
3 Ethereal  
4 Gun the engine  
5 Small flock  
6 Acknowledge  
7 Tavern  
8 Cry uncle  
9 Dandling site  
10 Sicilian spouter  
11 Unfinished furniture?  
16 Between assignments  
20 Acknowledge applause  
21 "Hanging ten" need  
22 Hounds' prey, perhaps  
23 "Monty Python" opener  
24 That girl  
25 Scale member  
26 Homer's interjection  
27 A Gershwin  
28 Sister  
29 "Pygmalion" playwright's monogram  
31 Merit badge org.  
34 Annoy  
35 Genie's quarters  
37 Third rock from the sun  
38 Untalkative one  
39 Anger  
40 Portent  
41 Colors  
42 Casual greeting  
43 Secondhand  
44 Foundations  
46 Hot tub  
47 Roulette bet

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



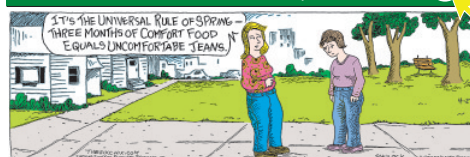
### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	1	5	9	7	2	3	8
5	2	8	6	4	3	7	1	9
3	7	9	2	1	8	5	4	6
8	1	2	3	7	4	9	6	5
9	5	4	8	6	1	3	7	2
7	6	3	9	5	2	1	8	4
2	8	5	7	3	6	4	9	1
4	9	7	1	8	5	6	2	3
1	3	6	4	2	9	8	5	7

### On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



## Metro Recipe of the Day



### Red Beans and Rice

#### INGREDIENTS:

1 1/4 cups dried red beans or red kidney beans, soaked  
1 ham hock (500 to 700 g)  
1 large yellow onion, chopped  
2 stalks celery, sliced  
2 bay leaves  
2 cloves garlic, minced  
1 1/2 tsp dried thyme leaves  
1/4 tsp each salt and black pepper  
1 cup uncooked long-grain white rice  
1/4 cup minced parsley

#### METHOD:

1. In Dutch oven, combine water, soaked beans, and ham hock. Bring to boil. Lower heat and simmer, covered, for 1 to 1 1/2 hours or until beans are tender. Drain beans, reserving 2 cups liquid. Remove 2 cups beans from Dutch oven. Slightly mash

these beans, then return to Dutch oven. Remove ham. When bone is cool, remove meat. Discard bone. Cut meat into bite-size pieces; return to Dutch oven.

2. Stir in reserved liquid, onion, celery, bay leaves, garlic, thyme, salt and pepper. Bring to boil, then simmer, covered, 30 minutes or until vegetables are tender, stirring occasionally. Discard bay leaves. Meanwhile, cook rice according to package directions, omitting butter and salt. Spoon bean mixture over rice. Sprinkle with parsley. Serve.

**SERVES 6**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

### ARIES

MARCH 21-APRIL 20



The planets are urging you to get rid of something you no longer need, something that is holding you back from success.

### LIBRA

SEPT 23-OCT 23



If someone you usually get along with is unusually critical today chances are it is because their emotions are up in the air

### TAURUS

APRIL 21-MAY 21



Don't be too harsh on someone who has not lived up to your expectations. The important thing is that they tried

### SCORPIO

OCT 24-NOV 22



You won't see eye-to-eye with partners and colleagues over the next two or three days but that's not necessarily a bad thing.

### GEMINI

MAY 22-JUNE 21



Do you pretend that your feelings do not exist or do you express them fully and openly? Emotion must not be denied.

### SAGITTARIUS

NOV 23-DEC 21



This is no time for wishful thinking. You know what needs to be done and you know you must do it soon or it will pass you by forever.

### CANCER

JUNE 22-JULY 22



You may not be the sort to joke about serious subjects but try not to get too cross with someone who takes a flippant attitude

### CAPRICORN

DEC 22-JAN 20



If a loved one says they want to spend some time alone you must not be offended. It is no reflection on you

### LEO

JULY 23-AUG 23



Let employers and other important people know that you are a force to be reckoned with and must not be ignored.

### AQUARIUS

JAN 21-FEB 18



It will be easy to get frustrated about a family problem today but that won't solve anything.

### VIRGO

AUG 24-SEPT 22



A certain viewpoint may seem attractive but if your instincts tell you to be wary then you would be wise to hold back.

### PISCES

FEB 19-MARCH 20



Give yourself permission to dream about things that other people say are impossible or irresponsible.

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\*Taxes & other fees (including service charges): \$238  
Please add \$50 for Sat. & Sun. departures  
Departure tax: 25 CUC cash, paid locally

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### \$749

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